

# COMMUNITY RESOURCE GUIDE

## Food, Clothing, & Shelter

### American Rescue Workers (ARW)

Non-profit organization providing homelessness and hunger prevention services.

643 Elmira St. Williamsport, PA  
Williamsport **570-323-8401** or **570-323-7321**  
Jersey Shore **570-398-4311**  
Lock Haven **570-748-6896**

### Bald Eagle United Presbyterian Church

Provides knit mittens, scarves, booties, sweaters, and hats.

109 Main St. Mill Hall, PA  
**570-726-4112**

### Clinton County Housing Coalition

**The Life Center:** provides temporary housing and life-skills training for families and individuals who are in unstable housing situations. Assistance is provided to residents who are homeless but strive to become independent and self-sufficient.

**The Merit House:** provides emergency over-night shelter for homeless people. Clients receive case management and life skills training so they may overcome barriers to stability and self-sufficiency.

330 East Main St. Lock Haven, PA  
**570-502-1534**

### The New Love Center Food Pantry

Charitable non-profit organization that distributes food and meals to help reduce hunger in Lycoming and Clinton Counties.

263 Henry St. Jersey Shore, PA  
**570-244-8838**  
Open Mon-Sat 9am-2pm

### Roads to Peace (Women's Center)

Provides quality services and community collaboration to promote safety and freedom from domestic and intimate partner violence by empowering individuals to define their own lives.

34 West Main St. Lock Haven, PA  
**570-748-9509** or **570-923-2270**

### Salvation Army

Offers free food program Mon 1pm-2pm & Thurs 9am-10am..

Offers a hot meal Mon-Fri 10:30am-12:30pm.

Also offers clothing and household distributions as well as utility, rent and emergency financial assistance.

119 East Church St. Lock Haven, PA  
**570-748-2951**  
tabitha.hayes@use.salvationarmy.org

### Shoe Bank/Kids's Closet

Children and teens (up to age 18 or if still a high school student) may pick out free new shoes, socks and books every six months at the Shoe Bank. They are eligible if their family has an active Compass app or summary sheet and live in Clinton County or KCSD attendance area. Families may also be referred by an agency.

44 West Main St. Lock Haven, PA  
**814-571-5324**  
3rd Saturday of Month 11am-2pm

## MHID Services

### Hope Enterprises

Offers a variety of services for individuals with developmental/intellectual disabilities: Custodial training program, community sports program, community employment program, group homes, life sharing program, industrial program, in home services for children and adults.

2401 Reach Rd. Williamsport, PA  
**570-326-3745**  
7:30am-4:30pm

### Horses of Hope

Horses of Hope promotes the physical, cognitive, emotional and social well-being of people with intellectual/developmental disabilities through equine-assisted activities.

101 Stoltzfus Ln. Mill Hall, PA  
**570-295-2904**

### Lycoming/Clinton MHID

Provides a variety of services to assist individuals with developmental disabilities and their families with living and working in their home communities. Services include residential and in-home care, vocational and employment services, housing enhancement program, family support and specialized therapies, and specialized early intervention for children from birth to age 3 who have a developmental delay.

33 W. Third St. 4th Floor, Williamsport, PA  
**570-326-7895**  
Weekdays 8am-4:30pm

### Road to Freedom Center for Independent Living

Provides life skills training, peer mentoring and youth pre-employment services for student's aged 14 and over. Youth transition services are available to students and their families prior to graduating from high school to assist and support those with disabilities transferring to college, employment or independent living within the community.

24 East Third St. Williamsport, PA  
**570-327-8610**

## Mental Health/Counseling Resources

### Clinton/Lycoming Crisis Services

Provides intervention, assessment and support, screening and referral services. Used for those experiencing a mental health, behavioral health, or substance abuse crisis.

8 North Grove St. Lock Haven, PA  
24/7 Phone/Mobile Crisis  
**1-844-707-3224 text #63288**  
Mon-Fri 8am-4pm

### Community Services Group

Provider of intellectual & developmental disability and mental health services that empower individuals to reach their full potential.

7930 Nittany Valley Dr. Mill Hall, PA  
**877-907-7970**

### Hempfield Behavioral Health Inc. Multisystemic Therapy

Works with caregivers of adolescents who are exhibiting challenging behaviors such as verbal/physical aggression, disrespect at home, school or in the community, making poor choices regarding friends, uses alcohol/drugs, runs away, does not attend school, has behavioral issues at school or has legal involvement.

2019 North Second St. Harrisburg, PA  
**717-221-8004**

### Crossroads Counseling

Provides individual and group counseling to address mental health, drug and alcohol and provides domestic violence program for men.

8 North Grove St. Lock Haven, PA  
**570-893-1886**  
Mon-Thurs 8am-9pm & Fri 8am-1pm

### Diakon Family Life Services

Offer counseling for adult, children, and teens, including individual and family therapy, group counseling, and play therapy.

435 West Fourth St. Williamsport, PA  
**570-322-7873**  
Mon-Thurs 8am-8pm & Fri 8am-5pm

### Genesis House

Provides assessment and treatment for individuals with co-occurring mental health and substance abuse diagnoses.

800 West Fourth St. Williamsport, PA  
**570-322-0520**

### Keystone Counseling

Mental health outpatient private practice dedicated to serving the needs of Clinton-Lycoming-Centre county areas. Provides individual, couple, children, adolescent, & family counseling.

120 South Highland St. Lock Haven, PA  
**570-748-7173**  
Mon-Thurs 8am-8pm & Fri 8am-4pm

### Meadows Psychiatric Center

Acute inpatient programs offer intensive care to children, adolescents and adults. It is designed to help patients stabilize from acute symptoms of a mental health disorder. The goal is to enhance patient's coping skills so they may return home or to a lower level of care as quickly as possible

123 The Meadows Dr. Centre Hall, PA  
**800-641-7529**

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## Transportation

### STEP Transportation

Provides demand responsive transportation services to the residents and visitors of Lycoming and Clinton Counties. Transportation is available to travel anywhere within the service area consisting of the following counties: Lycoming, Clinton, Centre, Union, Northumberland, Columbia, Snyder and Montour. Transportation is available to Geisinger Medical Center (GMC) in Danville three times per day.

2138 Lincoln St. Williamsport, PA  
**570-327-3497**  
Mon-Fri 6am-6pm

### Taxi Services

Taxis located in lock haven.

14 East Main St. Lock Haven, PA  
**570-893-8294**

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## Utilities & Utility Assistance

### Emergency Rental Assistance Program (ERAP)

Applicants are strongly encouraged to apply through the PA Department of Human Services website: [www.compass.state.pa.us](http://www.compass.state.pa.us)

330 East Main St. Lock Haven, PA  
**570-502-1534**

### Low Income Home Energy Assistance Program (LIHEAP)

Assists families with paying their heating bills; assistance is provided in the form of a cash grant sent directly to the utility company or a crisis grant for households in immediate danger of being without heat. Customers do not need to have an unpaid bill to qualify and do not need to be public assistance recipients.

400 Little League Boulevard Williamsport, PA  
**570-327-3497**  
Weekdays 7:30am-5pm

### Safelink Wireless

Free cell phone for those financially eligible. 68 free minutes per month. Apply online at [www.safelinkwireless.com](http://www.safelinkwireless.com). Call customer care to talk to someone about your eligibility, application, or technical support.

**1-800-723-3546**

### STEP- PPL OnTrack Program

A special payment plan for income-eligible customers who are struggling with their electric bills. While enrolled and following program guidelines, you're protected from having your electric service disconnected.

Clinton County: **570-858-5800**  
Lycoming County: **570-326-0587**  
[Utilitiesassistance@stepcorp.org](mailto:Utilitiesassistance@stepcorp.org)

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## Medical

### Clinton County Community Dental Clinic

Provide basic dental care to patients with Dental Medical Assistance, who have government-sponsored or subsidized dental insurance who fall below the federal poverty guidelines. Treats patients of all ages.

226 Hogan Blvd. #6

**570-748-6450**

### Clinton County Health Center

Offers Child/Adult immunizations, Health Education, Nutrition, and Various Testing. Payments are based on income, accepts insured/uninsured patients.

215 East Church St. Lock Haven, PA

**570-893-2437**

### North Central Sight Services Inc.

Children from financially eligible families can receive free complete eye examination by a pediatric optometry specialist.

2121 Reach Rd. Williamsport, PA

**570-323-9401**

Weekdays 8:30am-4:30pm

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## Support Groups

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### Heartworks Grief Support Group- UPMC Williamsport

Groups meet twice a month on Tuesdays from September to May. Family-based support program for grieving children, teens, and their families to help explore and express their feelings in a safe, supportive environment. Pre-registration is required.

1100 Grampian Blvd. 3rd Floor, Williamsport, PA

**570-320-7691**

### Support Groups at UPMC Williamsport

**For additional information please call number provided.**

Mental Health and Coping related Support Groups. Depression Bipolar Support Alliance. Cancer related Support Groups. Pregnancy and Postpartum Support Groups. New Parent and Working Parent Networks Hope Group. Postpartum Depression and Anxiety Support Heartstrings- Perinatal Bereavement Support Group.

**223-666-4544**

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## Online Resources

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### Online LGBTQ+ Resources

Advocates for Youth

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Gay, Lesbian, and Straight Education Network

[www.glsen.org](http://www.glsen.org)

Gay-Straight Alliance Network

[www.gsanetwork.org](http://www.gsanetwork.org)

Human Rights Campaign

[www.hrc.org](http://www.hrc.org)

Love is Louder

[www.loveislouder.com](http://www.loveislouder.com)

National Gay and Lesbian Task Force Foundation

[www.thetaskforce.org](http://www.thetaskforce.org)

Out for Work

[www.outforwork.org](http://www.outforwork.org)

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

[www.pflag.org](http://www.pflag.org)

Pennsylvania Equality Project

[www.paequality.org](http://www.paequality.org)

Stop Hate

[www.stophate.org](http://www.stophate.org)

### Trauma Resources

The International Society for Traumatic Information Pages

[www.trauma-pages.com](http://www.trauma-pages.com)

The National Center for PTSD

[www.ptsd.va.gov](http://www.ptsd.va.gov)

The National Child Traumatic Stress Network

[www.nctsn.org](http://www.nctsn.org)